

live well be well

WOW: work out of the week ::

Welcome to your Workout of the Week! We will focus on stretching out the neck this month.

Laura Tinti, Associate Chief Administrative Officer, will demonstrate how to stretch out your neck. Laura is a fitness enthusiast and loves to walk, weight train, and practice yoga. Keep up the great work!

Exercise: Look right and look left.

How to perform: Look over your shoulder to feel a deep stretch along the side of your neck. Switch and look over the other side.

Duration: Hold for 10 seconds for each exercise and repeat multiple times throughout the day.

